

Lentil Barley Soup

Prep time: 20 minutes

Cook time: 2hours, 0minutes

Makes: 6 Servings

A big pot of lentils, tomatoes, and pearl barley simmer into this hearty soup. A great "make ahead" for quick meals and easy clean up.

Ingredients

2 cups dried lentils (rinsed)
4 scallions
5 carrots (chopped)
2 teaspoons dried oregano
1/2 cup pearl barley
12 cups water
1 can 14.5 ounce low-sodium whole peeled tomatoes (coarsely chopped)
1 tablespoon red wine vinegar
1/2 teaspoon salt

Directions

1. Place a large soup pot on the stove and add lentils, scallions, carrots, celery, oregano and barley and water. Bring to a boil.
2. Reduce the heat to low and simmer, uncovered, for one hour.
3. Add the tomatoes and continue cooking about 45 minutes. Just before serving, add vinegar.

USDA Center for Nutrition Policy and Promotion



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 155 | |
| Total Fat | 1 g | 2% |
| Protein | 9 g | |
| Carbohydrates | 30 g | 10% |
| Dietary Fiber | 9 g | 36% |
| Saturated Fat | 0 g | 0% |
| Sodium | 139 mg | 6% |

MyPlate Food Groups

| | |
|------------|-----------|
| Vegetables | 1 cup |
| Grains | 1/2 ounce |